Then & Now

Frances H. Paulette

From Where I Sit Part 2

Ralph Barlow, NOW- - - a happy person, he loves life and it shows!

4-H'er Ralph Barlow with his "Blue Ribbon Hog" in 1919.

The accident that happened on the Barlow farm in Appomattox County that cold December day in the year 1924 left sixteen-year old Ralph Barlow unable to move from his shoulders down. Before him stretched a long, hard road but with courage and determination far exceeding his sixteen years, he faced whatever problems that came his way and there were many.

After undergoing surgery, Ralph remained in the hospital for three months but I am sure it seemed much, much longer to the young man--once so active and full of life, now so still.

Ralph Barlow, taken in December 1924, approximately a week before the accident that changed his life.

The cost of his hospital room was $3.00 a day; add to this the cost of doctors, nurses, medication and other expenses and quickly the hospital bill soared to a staggering total of $3,100.00.

To all of us living NOW, a three-month stay in any hospital with a bill of $3,100.00 is unbelievable low, but back THEN, that amount of money to the average family was no less than a fortune!

There was only one thing that the parents of Ralph Barlow could do and they did it gladly. The family farm on which they were born and reared was sold to Jim and Ed Childers; the hospital bill was paid but Ralph was not much better. He was alive and that was really all that mattered. Ralph was continually praying that he was going to get better.

For approximately twenty-six months Ralph couldn't even pick up a spoon. It was discouraging enough to make a fellow give up but Ralph Barlow wasn't and, even today isn't, a quitter! E ncouraged by the loving care of his family, he very slowly began to improve.

Little by little the future of Ralph Barlow began to brighten. At first he walked with crutches and when he was finally able to walk with only a cane he was overjoyed! His prayers had been answered.

Though his formal schooling ended with the accident, Ralph Barlow's education continued. An avid reader with a keen interest in many things, Ralph continues to keep abreast of things and is an excellent conversationalist.

In 1942, the late Hunt Jamerson who was employed with the Department of Highways, said to Ralph, "Barlow, we have a job that you can do for the Department of Highways------that is, count traffic."

The idea of gainful employment kindled in Ralph Barlow a spark of enthusiasm---a renewed zest for living. With a happy smile he answered, "I'll take it! When do I start?"

His position with the Highway Department began the following Monday morning when he reported for duty at Pamplin, Virginia. He was going to be rich---he was getting all of forty-two cents an hour! He worked for two years before he was given mileage for his car. In the twenty-two years that he worked as traffic counter, he never missed a day for sickness or even for bad weather conditions. He worked in both Appomattox and Campbell Counties.

Ralph Barlow has never met a stranger, he loves people and they in turn love him. He loves baseball, collects mugs. In fact he has approximately seventy-five; he showed me mugs from Scotland, France, Hawaii, Italy; he also has a can of Billy Beer and a can of Goldwater.

Two years ago in September Ralph Barlow underwent surgery and he hasn't walked since, but he life has been full. He enjoys the C.B. radio, television, especially reading and most of all his host of friends.

In talking with Ralph he said, "I have had a lot of bad luck but I also have had a lot of good luck and the good luck outweighs the bad."

Ralph Barlow enjoys life and it is easy to see way--he loves life, every single minute of it! To know Ralph is to respect and admire him. Have you had the privilege of meeting him? If you haven't, you have missed something special!

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Family Film To Be Shown

TIME TO RUN, a film that is a mixture of problems and solutions, will be shown at Rocks Baptist Church at Pamplin on Sunday, July 30, 1978. The feature, filmed in Eastmancolor by World Wide Pictures, will be shown once beginning at 7:30.

Filmed on location in the Southern California area, **TIME TO RUN** stars Ed Nelson, Randall Carver, Barbara Sigel, Joan Winmill and Gordon Rigsby. Nelson plays Warren Cole, a hard driving success oriented industrial and scientific engineer who, because of over-involvement with his work, has failed to communicate with his wife Fran, played by Joan Winmill, or their son Jeff, played by screen newcomer Randall Carver.

TIME TO RUN allows the viewer to become involved on any one or more of the three different levels. Viewed purely as entertainment, it's the suspenseful story of Jeff's attempts at sabotage in the nuclear generating plant conceived, designed and managed by his father. Jeff strongly feels that the plant is a threat to the environment, and he puts his feelings in action.

Viewed on an emotional level, **TIME TO RUN** is the deeply moving drama of the conflicts that are tearing a family apart - conflicts that develop between husband and wife, and between father and son. In an attempt to find freedom from the evergrowing hostilities, Jeff takes to the road, hoping to discover some meaning in his confused life.

Approached from a religious perspective, **TIME TO RUN** is also a story of friction between Jeff and his girlfriend, Michelle, played by Barbara Sigel, who is a familiar face to television viewers. Michelle has discovered a spiritual dimension in her life, and this aspect is very confusing to Jeff, who has little time for "a God who would allow war, hatred, and suffering on earth." But his life is shattered by an avalanche of personal problems, and he finds himself at a Jesus people gatherings with Michelle, where he glimpses the possibility of a new life-style based on love and understanding.

TIME TO RUN is a film that can help strengthen love relationships between people. It's a film that was made for families to attend - together.

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Eating Well

Mrs. Barbara L. Moriarg, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

FOOD DISLIKES ARE BARRIERS TO GOOD HEALTH

Regardless of age, everyone needs the same nutrients, but often they are needed in different amounts. For example, people doing hard physical labor need more calories than those who are less active; and women need more iron than men. The person six feet tall needs more food than the person four feet tall. The steelworker needs more food than the clerk. The patient recovering from an illness may need more nutrients than he who is healthy. One thing is certain: food affects everyone from the day he was born. Even before he was born, the food his mother ate had an effect.

While parents guide their children to good eating habits, they might examine their own food habits. If they don't like a particular food, and never serve it, then the family will never get a chance to try it regardless of how nutritious it might be. Changing poor food habits is usually harder than starting out with good food habits, but it can be done. The more foods people learn to enjoy the easier it will be for them to change their diets if it becomes necessary because of health problems, or a decreased need for calories.

The process of aging begins the moment a person is conceived, and the older person's health is the product of everything that he has experienced in his lifetime including accidents, infections and poor eating habits. The results of a poor diet through the years can be seen when a person gets older. All the nutrients that have been supplied are giving the cells strength to fight the aging process and disease. The older person's likes and dislikes developed over the years may become barriers to good nutrition. Because an older person needs fewer calories, there is not much room for foods that have little nutritional value and are loaded with calories.

Whether you are young or old selecting a variety of foods from the Basic Four Food Groups is the best way to be sure that you obtain all the nutrients that you need. (Dairy Products, Fruits and Vegetables, Meats, and Breads and Cereals.)

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VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I am receiving a monthly disability compensation check, and I have recently moved. What must I do to have my check sent to my new address?

A - Complete the reverse side of the envelope in which you received your check and send it to your local VA office. If you don't have the envelope, contact your local VA office and inform them of your change of address. Be sure to have your VA file number available.

Q - Am I entitled to dental treatment by or paid for by the Veterans Administration?

A - Dental benefits must be applied for within one year from the date of separation from active duty unless you have been rated for a dental service-connected disability or for a service-connected disability to which dental care is an adjunct.

Q - Am I entitled to burial in a national cemetery as the widow of a deceased veteran?

A - A widow may be eligible for burial in a national cemetery if the veteran spouse was buried in a national cemetery and arrangements were made at the time of his death for her burial. Check with the nearest VA office for specific information.

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STATEMENT OF CONDITION
AS OF JUNE 30, 1978

ASSETS		
Cash and due from banks		$114,218,000
U. S. Treasury securities		14,170,000
Securities of U. S. Government agencies and corporations		32,067,000
Obligations of states and political subdivisions		30,277,000
Other securities		618,000
Federal funds sold and securities purchased under agreements to resell		28,391,000
Loans	$328,147,000	
Less:Reserve for possible loan losses	3,342,000	
Loans, Net		324,805,000
Lease financing assets		3,628,000
Bank premises and equipment		8,082,000
Accrued interest ... receivable and other assets		7,381,000
TOTAL ASSETS		$563,637,000
LIABILITIES AND CAPITAL		
Deposits:		
Demand		$113,695,000
Time		307,781,000
TOTAL DEPOSITS		421,476,000
Federal funds purchased and securities sold under agreements to repurchase		65,943,000
Liabilities for borrowed money		50,970,000
Accrued taxes and other liabilities		7,218,000
TOTAL LIABILITIES		525,607,000
Subordinated notes and debentures		5,000,000
Equity capital:		
Capital stock:common stock, par value $10 per share. Shares authorized 436,264; shares outstanding		436,264
Surplus		10,867,000
Undivided profits		17,800,000
TOTAL EQUITY CAPITAL		33,030,000
TOTAL LIABILITIES AND CAPITAL		$563,637,000
		4,363,000

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SPORTS

By Billy Connor

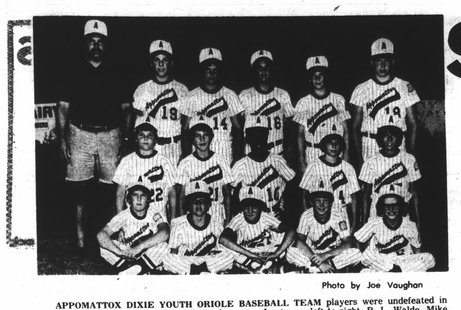

Photo by Joe Vaughan

APPOMATTOX DIXIE YOUTH ORIOLE BASEBALL TEAM players were undefeated in season play this year. Shown in photo above are, front row, left to right, R. L. Waldo, Mike Ferguson, Em Woods, Tony Mann and Freddie Lawson; second row, left to right, Scott Almond, Paul Johnson, Ronald Kelso, Ronald Archer and Jeff Fanney; and on back row, left to right, Coach Jimmy Mayberry, Jay Wingfield, Greg Mayberry, Mike Smith, Jay Chenault and Haven Fields. Not shown in photo were Tyrone Abbitt and Coach Dick Smith.

Little League Had Get Together

Coaches Steve Moore and Evan Thompson had a "get-together" for their Little League team - Carwile Construction Company - Saturday, July 22nd at the W.O.W. Building field from 2 to 5 p.m. Boys and families were invited.

Players were told what their average were for the year in batting, runs batted in and stolen bases.

Trophies were awarded to Brett Marston as the Most Valuable Player; R. D. Hudson, Most Stolen Bases; 37 for the season; Jeff Carwile, Most Improved Player; and Bennie Beasley, Jr., Best Sportsmanship.

The boys, along with Mrs. Marston and Mrs. Hudson, presented Coach Moore and Coach Thompson each with a trophy for coaching them this year.

Refreshments were served following the presentation of trophies and everyone, boys, coaches and families enjoyed playing a game of ball. Then came a watermelon feast.

The coaches would like to thank the boys and their families for a good year and a good "get together." Also, thanks to all the boys and families for supporting the team and a special thanks to the Carwiles for backing the team and to Mr. and Mrs. Kenneth Marston and Mr. and Mrs. Jerry Hudson for helping arrange everything. The coaches are proud of their boys and of the families.

Mayberry Leads Orioles

Greg Mayberry led his Dixie Youth Oriole team to an undefeated season, 14 - 0. This is the first time any team has gone undefeated in league play.

Greg led his team in all areas. His batting average was 1554 with 12 homeruns (4 grand slam). His homerun output also led the league. Greg performed outstanding as a pitcher with a record of 7 - 0 with 99 strike-outs, missing Daryl Schrock's record by 1.

Helping Mayberry were numerous teammates. Paul Johnson, a first year player, pitched well. His record was also 7 - 0. Paul had a very respectable batting average of .392. Jeff Fanney had a batting average of .511. His speed on the base-paths and his defense in centerfield were a major part of the Oriole's success this year. Haven Fields contributed 5 homeruns and great defense at first base. Ronald Archer's fine defense in right field saved several runs and enabled Mayberry and Johnson to combine for a no run, no hit game. It was sheer delight to see Ronald run the bases with his speed and smooth motion. R. L. Waldo did a great job of catching Greg's fast ball and curve. R. L. a first year catcher for the Orioles, was hit several times by curve balls and foul tips but not once wanted to leave the game.

Lynchburg Defeats Appomattox 3 - 1

Dennis Knight slamed a home run over the left center field fence in the third inning following walks to Read and Stinnett which was the margin of victory for Post 16 of Lynchburg over Post 104 of Appomattox in American Legion baseball on the losers field Monday evening.

David Brown gave up only four hits, one each in the third, fourth, fifth and seventh innings in what may have been his best pitching effort for Post 104 this season. Appomattox also managed only four hits with their lone run coming in the bottom of the third.

The win by Lynchburg assured them of first place this year since their record is now 11-1 as opposed to 8-3 for Appomattox with all three losses coming at the hands of Post 16.

Looking at the records of other teams, Big Island is 6-5, Jefferson Forest 4-6, Bedford 3-7 and Brookville 0-10.

With the season coming to a close, Post 104, with a second place finish, will be playing in a Connie Mack double elimination tournament at Martinsville begining Tuesday.

BROOKNEAL WINS BEST FURNITURE TOURNEY

The Best Furniture Company Softball tournament ended Sunday night with Brookneal taking first place.

Second place winner was the Tolley's Liquid Fertilizer team from Pamplin; third place went to Allied Chemical Company of Rustburg; fourth place went to Dodd's Farm Supply of Phenix; and fifth place honors went to Dalton Cabinet Shop.

The tournament was sponsored by Best Furniture Company and was played on the baseball field at the Pamplin Community Center.

Registration Set For Youth Football Program

Registration for the Appomattox County Youth Football program, ages 7 to 13, will be held on July 29, 1978 and again on August 5, 1978 from 10 a.m. to 12 noon at the Appomattox Primary School.

All new participants MUST bring a copy of their birth certificate at the time of registration. Each participant, new and old, must bring a permission slip before they will be eligible to play.

Registration fee will be $3.00.

LITTLE LEAGUE SPORTS REGISTRATION

Name _____ Age _____ Wght _____

Address _____ Ph: _____

Signature of Parents or Guardian: _____

Date _____

I hereby give permission for the above named boy or girl to play (basketball, football or baseball) in the Appomattox Youth Association.

RELEASE

For and in consideration of my child being allowed to participate in the Appomattox Youth Association Program, I hereby release all coaches and officials of the Appomattox Youth Association from any and all liability as a result of any and all injuries which my child may sustain or receive while practicing in the above mentioned program, either during practice or actual games or going to and from said practice or games.

_____ (SEAL)
Parent

_____ (SEAL)
Guardian

Desire like this makes a winner.

Other players on the Oriole Team were Larry Shorter, Monte Ferguson, Bobby Carter, Gary Long, Lonnie Evans, Richard Woody, and Roger Steinkamp. Each player contributed to a total team success.

As Pete Rose of the Cincinnatti Reds is called "Mr. Hustle," this year's Dixie Youth Oriole Team was a "Mr. Hustle."

Hustle and determination won several games for them. They never knew the word quit.

SOFTBALL TOURNEY TO BE PLAYED THIS WEEKEND

The Terry's Creek Tournament will be played at the ball field at the Pamplin Community Center beginning Friday. Games will be played Friday, Saturday and Sunday.

Sixteen teams will be participating in this softball tournament.

Guill and Andrews Winners in Boonsboro Golf Tourney

Richard Guill playing as the guest of Jay Andrews, shot 75 and the team had a best ball 74 to win first place in the 13 - 14 age group of the Gary Hylton Memorial Junior Member-Guest Golf Tournament at Boonsboro Country Club.

Best round of the tournament was turned in by Craig Johnson and Monty Goff (15 - 17 age group) who shot best ball 68 to take the championship trophy.

Ronnie Robinson also played in the tourney as the guest of Ben Best.

Some of the winnersof the F.R.C.C. Member-Member Golf Tournament are shown above. Jerry and Ronnie Robinson won the Championship Flight, Floyd Williams and Buddy Eggleston were First Flight winners, Dick and Tommy Bass Second Flight, Dick Bass - Tommy Bass, 156; Tony Guthrie - Floyd Fleshman, 158; Walter Hancock - Wayne Lee, 160. Third Flight, Robert Hamlette - Glen Rush, 165; Herbert Jamerson - Dennis Jamerson, 168; Ronnie Lewis - Buddy Conner, 168. Fourth Flight, Cliff Drinkard - Howlette Drinkard, 178; Jerry Foltz - Charlie Williamson, 179; John Hall - Sammy Dickerson, 180.

captured the Second Flight and Robert Hamlett and Glen Rush were winners of the Third Flight. Rush was not available for picture as well as Fourth Flight winners Cliff Drinkard and Howlette Drinkard.

Robinsons Win Golf Tournament

Jerry and Ronnie Robinson teamed up last week-end to take first place honors in the Championship Flight of the Falling River Country Club's annual member-member golf tournament. The Robinson team, tied for the lead after Saturday's round with Dick Guill and Doug Mitchell, with a score of 68, shot one under par 71 Sunday to edge Jerry Conner and John Rothgeb, who shot 70 to go with an opening round 70, by one stroke. Jerry Robinson carded a birdie on the 345 yard 16th hole while Conner and Rothgeb made bogie, a two shot swing, putting the Robinsons ahead by one. Both teams parred the last two holes. Guill and Mitchell finished in third place. Other winners included: First Flight, Floyd Williams - Buddy Eggleston, 147; Bob Frey - Gene Hartzell, 148; Hight Dotson - Plicky Williams, 149.

Burkeville Wins Church Tourney

In the Church Softball Tournament ending Tuesday night, July 18th, Burkeville Baptist Church, undefeated in season play, was winner of the tournament.

Taking second place in the Church Tournament was Liberty Baptist Church of Appomattox; Rocks Baptist Church of Pamplin took third place, and Elon Baptist Church of Pamplin took fourth place honors.

Twelve teams from area churches participated in the tournament played at and sponsored by the Pamplin Community Center.

The Pamplin Community Center presented trophies to the four winning teams in tournament play.

Mitchell's Team Wins At Hat Creek

Doug Mitchell's team consisting of Richard Guill, David Scruggs, John Pool and Reginald Pillow shot seven under par 61 to win first place in the Captain's Choice Golf Tournament at Hat Creek on July 4.

Each team in the event included a captain and four players and no team had a score over 65 indicating how close the competition was.

Dick Guill received a prize for closest to the pin on the number four green.

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